

# Instagram

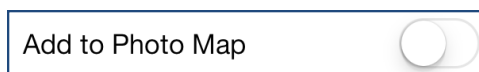
## eSafety Guidance


Instagram is a popular social networking service based around the sharing of photographs and videos. It is used via a free app on a smartphone or tablet. Account holders can 'follow' other users and therefore view their images and videos. Users can also comment on and share other people's posts. It is also possible to send private photos, videos and messages to another user and show the location of an image. It has become a very popular way for young people to keep in touch and share what they are doing. This document is aimed at parents, carers and young people. Note screenshots are from an iPhone and may differ slightly on other devices.

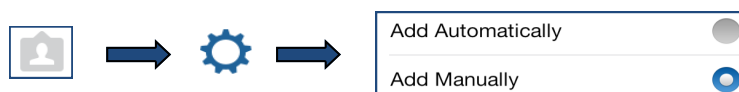
1. **You should be 13 or over to use Instagram.** This is clearly stated in the Terms of Service, though age is not asked when a user signs up for an account.
2. When you create a new account, by default your posts are public. Anyone can follow you and see your photos and videos. If your posts are private you have to approve other users before they can see your posts. Existing followers can continue to see your posts.




3. Anyone can see your profile picture, username and bio, even if your posts are private. Therefore, consider using an avatar or something else that is not your real photo. Do not give away personal information in your bio such as your email address, home address, phone number, school etc.
4. If you choose to use the 'Add to Photo Map' feature when you post, the location of the post is shown. This is switched off by default for new accounts, but if you switch it on it will stay on until you switch it off again.



5. You can tag people in content that you share on Instagram. If someone tags you on a public post, or you follow the person who tagged you, you can untag yourself by tapping on the tag that appears on the photo and choosing **Remove Me from Photo** (under *More Options*.)
6. You can prevent content you are tagged in from being automatically shown on your profile. This is done via the settings menu in the **Photos of You** section found in your profile. 



7. Instagram lets you share photos and videos to other social networks. If you do this, consider who will be able to see the photos once they are shared.
8. Think before you post. Be respectful to others and do not post images or videos of other people, or tag them in a photo, without their permission.
9. Even if your posts are private, you should not post images and videos that you would not want to be seen by the public, just in case. Remember it is easy for someone to copy or share what you post.
10. Be careful not to share personal information in comments, photos or videos. For example, a photo of someone in their school uniform could tell the world where that person goes to school.
11. If you need to block or report a user, tap on their user name and then this button:  You are then given the option to block a user or report as inappropriate.
12. If you want to delete your Instagram account you should log in to the Instagram.com website, click on your username, select **Edit Profile** and from there you can choose to delete your account (bottom right.)
13. Instagram's safety guide can be found here: <https://help.instagram.com/369001149843369/>